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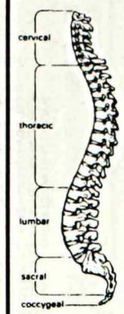

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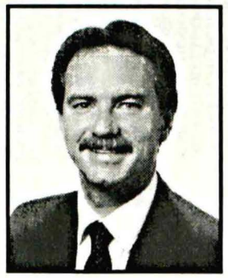

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Tuesday, November 24, 1998

Vol. 51, No. 24

Tuesday LIVE! Sports Fitness Recreation

BULK RATE U.S. POSTAGE PAID LA MESA, CA. PERMIT NO. 188

THE LEMON GROVE REVIEW

'98 Griffins seek to carry on winning men's and women's tennis tradition

by Michael Krawczak

With a long and rich history of league and state titles, the Grossmont College women's and men's tennis teams are both embarking on a new era as they begin preparations for their '99 season under the tutelage of first-year coaches.

Griffin alumnus Megan Lowery returns to coach the women's team. A member of the 1988 Grossmont team that kicked off a stretch of seven state titles over 10 years, she is happy to be back at the El Cajon campus. For the past five years, she coached tennis at La Jolla Country Day School.

Taking over as coach of the men's team that went undefeated in league play from 1990 through 1997 is former Helix High School Boys tennis coach Scott Strange.

The Lady Griffins are already off to a strong start. At the Rolex Intercollegiate Tennis Association Tournament in Memphis, Tenn., Oct. 4 - 6, Emi Sakurai and Jessica Seck combined to win the junior college division doubles championship.

Lowery's team includes returning players Sakurai, Seck, Nicole Martinez-Kruse and Ena Victoryna.

Promising recruits from East County high schools include Christy Shepard (Grossmont) and Shelly Holman (Christian).

With four returning players, and five top high school recruits, Strange is expecting big things from his team.

Returning players are E. J. Grimmer, Mike Bracewell, Younes Zniber and Hiro Fukuda.

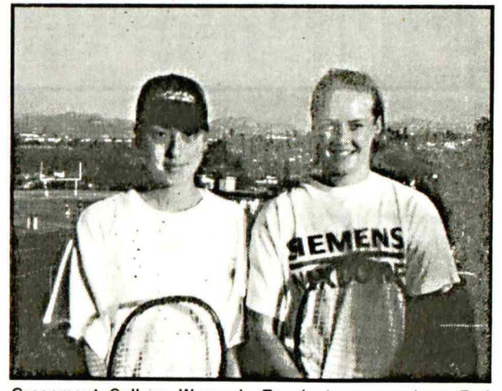
Among the incoming freshmen are four #1 players from local high schools: Brandon Fritz (El Capitan), Jose Garcia (Mount Miguel), Caleb Grube (Monte Vista) and Mike Hayes (Saint Augustine).

Adam Frye, the #3 ranked high school player in Arizona, rounds out the freshman class.

Together, the two teams share an international flavor, with student-athletes hailing from as far as Japan, Germany, Mexico and Morocco.

"The tradition of good teams here attracts foreign players," declared Strange.

That winning tradition, combined with the intimate community college setting that allows foreign students to improve their academics and English language proficiency, while honing their athletic skills, has, for many, led to full follow-on scholarships at major universities.



Grossmont College Women's Tennis team members Emi Sakurai (left) and Jessica Seck were winners at the 25th Annual Grossmont College Griffin Tennis Tournament, Nov. 13 - 15, with Seck prevailing in both the Women's Open Singles and Doubles division, and Sakurai part of the victorious Mixed Open Doubles team. *Photo by Mike Krawczak*

Additionally, Strange noted that the teams are seeing second-generation athletes, whose parents played at Grossmont 20 - 30 years ago.

As a prelude to the tennis season, which begins in February, the 25th Annual Grossmont College Griffin Tennis Tournament was held Nov. 13 - 15.

This open tournament, which featured community, high school and other college players, was dedicated to former Grossmont Coach Bob Rump, who retired after 30 years and six state championships.

He led the men's team for all 30 years, and also coached the women's team from 1988 - 1993.

This year's tournament raised $1,000 for the Foundation Account for Men's and Women's Intercollegiate Tennis. Lowery and Strange served as tournament co-directors.

Continued on Page 2

Nuts are healthy despite bad rap as being a 'no-no'

Peanuts, almonds, cashews, pecans, walnuts, macadamias, pistachios – when it comes to nuts, Americans have mixed emotions.

While most people will admit to a real fondness for these crunchy nuggets – especially during the holidays when they're a featured festive party snack – there's a dark side to their charms, many believe.

"Nuts are perceived as high–fat, high–calorie, unhealthy 'no–nos' by nutrition-conscious Americans," said Patti Milligan, registered dietitian Henry's Marketplace in San Diego.

"But the opposite is true. Pecans, almonds and walnuts, especially – remember "PAWs" – can be important additions to a healthful diet," she said.

She added that they're high in fiber, have an excellent ratio of the 'good' polyunsaturated fats and are higher in vitamin E and magnesium than other nuts, which appear to offer major health benefits.

Milligan pointed to two longterm studies involving a total of 58,000 Americans – one reported in the journal of the American College of Nutrition, the other out of Loma Linda University. Both indicate a significantly lowered risk for heart attacks in those consuming a handful of almonds or walnuts several times a week.

She noted that one study also reported that the nut–consuming participants also maintained their weight over a six year period, while the control group gamed weight.

Milligan said that it's theorized that the nut eaters were less hungry because of a better balance of protein and fat, and, therefore, didn't fill up on unnecessary calories.

"Our problem is how we eat nuts in this country," she said. "Our tendency is to eat a whole can, as a snack. If we look at other cultures, we see they use nuts as a condiment – eating just a small serving of two to three tablespoons as an accompaniment to other foods."

The best way to incorporate nuts in your diet is to add them to salads, main dishes or breads, or "cut" them with pretzels or dried fruit as a snack, Milligan suggested. She offered this easy-to-make snack, as an example of a healthful and delicious use of nuts during the holidays or anytime.

Energy Mix with Walnuts:

1/2 cup chopped walnuts, 1 cup puffed cereal (rice or any grain), 1/2 cup raisins, 1/2 cup coarsely chopped dried apricots.

Toss all ingredients and store in a tightly sealed jar. Makes three cups.

Each 1/2 cup serving:has 132 calories/6 gm. of fat/2 gm. of fiber (high in beta carotene, vitamin C, iron and fiber).

Lemon Grove Fire Log

Oct. 28, 1998

Broadway Ave./Kempf St. Evaluate for the Sheriff.
7800 blk. Central Ave. Diabetic problem.
1700 blk. Skyline Dr. Diabetic problem.
7000 blk. Broadway Ave. Possible heart.
8100 blk. Broadway Ave. Possible heart.
EB Hwy 94/Broadway Ave. Vehicle fire/freeway.

Oct. 29, 1998

WB Hwy 94 Overpass/SB Hwy 125. Vehicle accident freeway.
7000 blk. Broadway Ave. Medical aid.
Massachusetts Ave./Mt. Vernon St. Fall.
7400 blk. Daytona St. Difficulty breathing.

Oct. 30, 1998

2000 blk. Fairhaven St. Traffic accident.
2200 blk. Massachusetts Ave. Fall.
7100 blk. San Miguel Ave. Difficulty breathing.
3200 blk. Harris St. Seizure.
2000 blk. Massachusetts Ave. Vehicle accident.

Oct. 31, 1998

6700 blk. Hibiscus Dr. Chest pains.
6900 blk. Broadway Ave. Commercial/industrial fire.
8200 blk. Broadway Ave. Commercial/industrial fire.
8000 blk. Palm St. Medical aid.
8000 blk. Lemon Grove Ave. Vaginal bleeding.
3200 blk. Olive St. Fall.
8300 blk. Golden Ave. Chest pains.

Lemon Grove Sheriff's Log

Nov. 9, 1998

6600 blk. Federal Blvd. Stolen vehicle. $20,000 value.

Nov. 11, 1998

7600 blk. Broadway. Petty theft. $140 value.
7800 blk. Broadway. Stolen vehicle. Value unknown.

Nov. 12, 1998

7100 blk. Mt. Vernon. Stolen vehicle. Value unknown.
7100 blk. Mt. Vernon. Stolen vehicle. Value unknown.

Nov. 14, 1998

7000 blk. Broadway. Stolen vehicle. $4,000 value.

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Box 127, Lemon Grove, CA 91946

The Lemon Grove Review

Box 127, Lemon Grove, CA 91946 • (619) 469-0101

Published Tuesdays and Thursdays. Adjudicated a newspaper of general circulation in Superior Court of State of California in and for San Diego County, December 5, 1949. Entered as Third Class matter in La Mesa, CA.

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Steven Saint, Publisher

Assistants to the publisher: Cheryl Cohen, Trudy Thomas
Sports Editor: Marv Rosen
Contributing writers: Cheryl Cohen, Michael Krawczak, Joe Naiman, Paul Treske, Betty Jo Tucker, Jason Williams

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

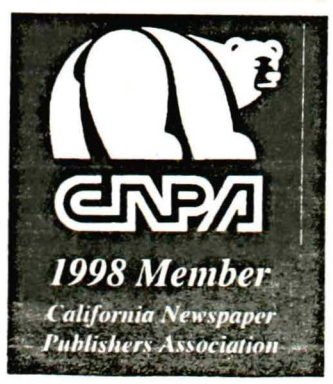
Lemon Grove Almanac

1994 Population:	**25,100**
Incorporated:	**1977**
Area:	**3.75 sq. mi.**
Median income:	**$34,399**
1996-97 city budget:	**$26.3 million**
1996 taxable sales:	**$265 million**

Mayor:	**Mary Teresa Sessom**
Council:	**Thomas Clabby**
	Craig Lake
	Dwight Shelley
	Jill Greer
City Manager:	**Doug Yount**
Planning Director:	**Linda Niles**
City Attorney:	**Gloria McLean**
City Clerk:	**Christine Taub**
Sheriff's Capt.:	**Yolanda Collins**

Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin
Supervisorial district:
2nd - Dianne Jacob

Libraries:	1
Post offices:	1
Parks	4
Recreation centers	1



Treat colds with natural remedies

'Tis the season – for colds and flu. This year, give your immune system the natural ammunition it needs to fight the bugs that lay you low, advises Patti Milligan, registered dietitian for Henry's Marketplace.

"Because of the unpleasant side effects of over-the-counter cold and flu medications – dry mouth, headache, upset stomach or drowsiness – we're seeing a definite trend toward more people searching out natural ways to combat winter viruses," Milligan said.

Fortunately, there are many natural remedies that can make you feel better, and maybe even avert a full blown case of cold or flu, according to Milligan. She offers the following tips for alleviating cold symptoms.

At the first signs of a cold – scratchy throat, runny nose or a stuffy feeling in the head – there are four steps to take: increase your vitamin C intake with supplements as well as citrus fruit and juices, drink copious amounts of liquid, preferably water.

This helps the body rid itself of the virus through the mucusal linings in throat and nasal passages.

Suck on three to four zinc gluconate lozenges during the day. Studies show zinc attacks the cold virus in the mouth, and may stop its spread. Get lots of rest. "If you stay home you avoid spreading the virus, and your immune system can expend full energy on fighting the bug.

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE T.S. No. 98-11996 Loan No. 9647298 TSG No. 190735 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 8/22/97 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE IS HEREBY GIVEN that the real property known as 1624 San Altos Place, Lemon Grove, California 91945 Assessor's Parcel Number 576-321-11-00 will be sold at public auction at the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA on 12/10/98, at 10:00am, to the highest bidder, payable at the time of sale, for cash a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Financial Code section 5102 and authorized to do business in California. The sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by the Deed of Trust executed by Rosaline L. Doggett, an unmarried woman, as trustor, Recorded on 8/29/97, Instrument 1997-0422051, Page 1707 of Official Records of San Diego California. The total amount secured by said instrument as of the time of initial publication of the notice is $137,257.33, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonably estimated costs, expenses, and advances at the time of initial publication of this notice. Dated: 11/4/98 **Premier Trust Deed Services, Inc.**, 3 ADA, Irvine, California 92618, Trustee Sale Information Number (916) 387-7728. **Premier Trust Deed Services, Inc.** By: Janet L. King, Assistant Secretary, ASAP339158 11/17, 11/24, 12/01

CITY OF LEMON GROVE
COMMUNITY DEVELOPMENT DEPARTMENT
NOTICE OF PUBLIC HEARING AND NOTICE OF FILING OF A NEGATIVE DECLARATION 98-ND-12 FOR A MUNICIPAL ORDINANCE REVISION

NOTICE IS HEREBY GIVEN THAT the City Council of the City of Lemon Grove will hold a public hearing on Tuesday, December 1, 1998 at 6:00 p.m. in the Lemon Grove Community Center, 3146 School Lane, Lemon Grove and

SUBJECT: ZA 98-06-REVISIONS TO THE CITY OF LEMON GROVE MUNICIPAL ORDINANCE SECTIONS 12.04 AND 13.08 AND REVISION TO THE DEVELOPMENT CODE SECTION 18.08 - CITY OF LEMON GROVE TO CONSIDER REVISIONS TO SECTIONS OF THE MUNICIPAL ORDINANCE AND DEVELOPMENT CODE REGARDING: HOUSING, WELLS, STREETS AND SIDEWALKS, SEWERS AND DRAINAGE.

APPLICANT: CITY OF LEMON GROVE

At said hearing, any interested person may appear and be heard.

A Draft Negative Declaration of Environmental Impact has been filed by the City of Lemon Grove for this project. The Initial Study which has been prepared for this project is available for public review in the Office of the Community Development Department, 3232 Main Street, Lemon Grove, California 91945.

Written comments regarding the adequacy of this Negative Declaration must be submitted to the City of Lemon Grove Community Development Department, 3232 Main Street, Lemon Grove, California within twenty-one (21) days of the date of this Notice.

Questions regarding this hearing may be addressed to Carmen Kasner at 3232 Main Street, Lemon Grove, CA 91945-1797 and at (619) 464-6934 on weekdays between the hours of 8:00 A.M. and 5:30 P.M. City Hall will be closed every other Friday.

LINDA S. NILES
COMMUNITY DEVELOPMENT DIRECTOR

IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT (ADA), THE CITY WILL PROVIDE SPECIAL ACCOMMODATIONS FOR PERSONS WHO REQUIRE ASSISTANCE TO ACCESS, ATTEND AND/OR PARTICIPATE IN MEETINGS OF THE PLANNING COMMISSION. IF YOU REQUIRE SUCH ASSISTANCE, PLEASE CONTACT THE COMMUNITY DEVELOPMENT DEPARTMENT AT (619) 464-6934 AT LEAST FIVE DAYS PRIOR TO THE SCHEDULED MEETING.

Lemon Grove Review
November 24, 1998

TS No.: 19989045200445 Loan No.: 0020115303 FHA/VA/MI No: 044-3109366-729 **NOTICE OF TRUSTEE'S SALE** YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 12/16/92. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On December 15, 1998 at 10:00 AM, **Lonestar Mortgagee Services, L.L.C.**, as duly appointed Trustee under and pursuant to Deed of Trust recorded 12/18/92, as Instrument No. 1992-0814781, in book , page , of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by RICARDO NAVARRO, AND MARIA E NAVARRO, HUSBAND AND WIFE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH OR CASHIER'S CHECK. (payable at time of sale in lawful money of the United States) AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE AT 220 WEST BROADWAY, SAN DIEGO, CA. (NOTE: CASHIER'S CHECK(S) MUST BE MADE PAYABLE TO LONESTAR MORTGAGEE SERVICES, L.L.C. all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: As more fully described in the above mentioned Deed of Trust APN# 503-140-26-00. The street address and other common designation, if any, of the real property described above is purported to be: 3240 SWEETWATER ROAD, LEMON GROVE, CA 919452001. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is $93,374.88. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. Date: 11/20/98, **Lonestar Mortgagee Services, L.L.C.**, as Trustee, MARTIN REYNOLDS, Authorized Signature, FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (916) 974-6099, 15000 Surveyor Boulevard, Suite 250, Addison, Texas 75001, LONESTAR MORTGAGEE SERVICES, L.L.C., IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NPP0054242, 11/24/98, 12/01/98, 12/08/98

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Free!

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Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

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Message

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Phone number _____

Your ad will run in all six Forum Publications newspapers. Send your check for $3 per line (30 characters and spaces) for each week with your ad to: **Forum Publications, Inc.**, P.O. Box 127, Lemon Grove, CA 91946

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Phone _____

Mail to: **Forum Publications, Inc.**, P.O. Box 127, Lemon Grove, CA 91946

Tennis

Continued from Page 1

After the tournament, Lowery expressed her pleasure at the successful weekend.

Already looking ahead to the '99 event, Lowery plans to add an "A" division, to better differentiate among player skill levels. She also foresees extending the tournament to two weekends.

"I would like to see more local college players and players from the community," Lowery added, in closing.

Tournament Results

Men's Open Singles: Randall Mark defeated Vincent Darmohusodo, 6-3, 6-2.

Women's Open Singles: Seck defeated Andrea Schreiber, 6-1, 6-1.

Men's Open Doubles: Mark Picker/Kevin Merriman defeated Ashish Selarka/Jim Wheeler, 6-4, 1-6, 6-3.

Women's Open Doubles: Seck/-Simone Koch defeated Fran Seiyto/Andrew Schreiber, 6-1, 6-3.

Mixed Open Doubles: Hiro Fukuda/ Sakurai defeated Roberto Ancira/Lisa Pittarelli, 6-2, 6-1.

Men's "B" Singles: Henry Alipuson defeated Paul Bewley, 6-2, 6-1.

Women's "B" Singles: Ivy Dipasupil defeated Christy Shepard, 6-1, 6-0.

Men's "B" Doubles: Steve Thom/Jack Einbinder defeated Scott Mosey/Marcus Bacling, 6-4, 6-7, 7-6.

(Tournament division winners received Wilson club bags.)

East County junior golfers win titles

By Norrie West

Emily Balmert of Rancho San Diego is the county's 1998 girls 11-12 golf champion after a season of brilliant play in this year's San Diego County Junior Golf Association (JGA) competition.

The 11-year-old Hillsdale Middle School student won nine tournaments including the John Wirges Junior at Singing Hills Pine Glen course, where she shot 61, just four over par on that short course.

She also won the Mike Walker at La Mesa's Sun Valley course, with a fine 31.

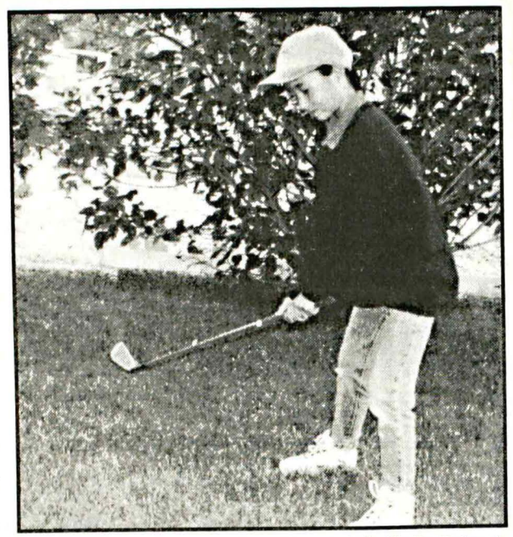
Just behind Balmert in girls 11-12 was Petra Cole, 12, who attends Our Lady of Grace in El Cajon.

Petra also won JGA tournaments, buf was second in points earned.

Two other East County golfers were among the top players this year in JGA play.

Sierra Billock of Santee was sixth in girls 10-and-under and Joel Nash of Spring Valley was sixth in boys 15 - 17. The O'Neill sisters, Courtney, 15, and Cathleen, 14, of Ramona, were fourth and sixth in their age divisions.

Nash, a Valhalla High student, shot a 72 at Mission Trails and a 73 on Singing Hills' Oak Glen for second in the John Wirges, for his best of the year.



Lining up a practice shot from the rough is Emily Balmart, 1998 Girls 11 - 12 county champion. *Photo by Norrie West*

The overall junior players of the year were Nick Asbrock for the boys, and Brittany Tulao for the girls, both San Diegans.

CIF Football Playoff Schedule

Friday, Nov. 26
Games at 7 p.m.

CIF Quarterfinals

(East County teams in bold)

Div. I – West Hills at Vista, Rancho Buena Vista at Poway, Carlsbad vs. Morse (site TBA), La Costa Canyon at Torrey Pines.

Div. II – Patrick Henry at Castle Park, **Helix at Monte Vista**, Point Loma at San Pasqual, Mira Mesa at Chula Vista.

Div. III – Hoover at Oceanside, Serra vs. Mission Bay (site TBA), Lincoln at Ramona, Kearny vs. USDHS (site TBA).]

Div. IV – Midway Baptist at Marian Catholic, Bishop's vs. Horizon Christian (site TBA), Mountain Empire vs. Sante Fe Christian (site TBA), Imperial at Francis Parker (1 p.m.).

East County
Recreation Department Phone Numbers

Santee Community Services Dept	258-4180
Spring Valley Parks and Recreation	479-1832
La Mesa Community Services	667-1300
El Cajon Recreation Department (Kennedy Center)	441-1676
Lemon Grove Recreation Center	668-4575
Lakeside Recreation Center	443-4169

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Valhalla loses in water polo, two East County runners win

On Saturday at the Jewish Community Center in La Jolla, Poway High School won the Div. 1 waterpolo title by topping Valhalla (for the second consecutive year), 7-5, by scoring two goals in the final period.

The Norseman had lost last year in overtime to the Titans

In the cross country finals at Balboa Park on Saturday, West Hills' Evan Fox led the highly rated Wolf Pack (first in the county and second in the state) to the win over Grossmont League rival Granite Hills by a 64 - 124 point margin.

The Eagles Jason Finch finished fourth in 16:13 behind Fox's 15:47 over the 3.1 mile course.

In the girls Div. I race, Helix's Courtney Baird took first in 16:09 over the 2.75 mile course despite still recovering from the flu which had prevented her from competing in the league championships.

Baird, considered to be among the premier runners in the state, was the sole Helix runner in the top 10.

The top two teams in each division will advance to the state meet, along with top individual runners.

Adult Sports Standings

Softball

Final Men's A (as of 11/1)

Team	W	L
Tri-County Insulat.	7.5	2.5
Paleozoics	6.5	3.5
Enerdyne	5.5	4.5
American Ren. Ins.	4.5	5.5
D & H Truck	3	7
Grand Std Sports Bar	3	7

Men's B/C (as of 11/16)

Team	W	L
Lizards	7	1
Above the Law	5.5	2.5
Pharis Landscape	5.5	2.5
ARS	4	4
County Propane	1	7
Coo-Coo Clubbers	1	7

Men's D (as of 11/15)

Team	W	L
Top Notch Landscape	6	2
Binford Boys	6	2
Rude Dogs	5	3
Grumpy Old Jox	5	3
River Boys	4	4
Comer Brothers	3	5
Arrow Construction	2	6
Just Do It	1	7

Women's (as of 11/18)

Team	W	L
NexSource	7	0
We Wouldn't Mind $	7	0
Al's Sport Shop	4	3
HEAT	4	4
Whatevers	2	6
MsFits	2	6
Supercuts	1	8

CoRec A (as of 11/13)

Team	W	L
Frozen Rope	8	1
Team NGC	7	2
Poculators	5	4
Santana Hair Co.	4	5
Valle de Oro Outlaws	2	7
Seeing Double	1	8

CoRec B (as of 11/15)

Team	W	L
Hotshots	5	3
D&H Trucking Equip	5	4
En Fuego	4	4
'A' League Crushers	4	5
Friends & Neighbors	4	5
Bad Dogs	3	4

CoRec B/C (as of 11/15)

Team	W	L
HEAT	8	1
Mauzy /Univ. Rlty	5	2
No Big Deal	5	3
Parkhurst Red Dogs	3	5
Drew Ford New Comers	1	6
Round Table Pizza	1	7

CoRec C (as of 11/17)

Team	W	L
Solar Turbines	8	0
Kapili Development	5	3
Bogart's	4	4
Mamas & Papas	3.5	4.5
We Should be in 'D'	2.5	5.5
Ranch House Wrang.	1	7

CoRec D (as of 11/14)

Team	W	L
Krazy w/Kids	8	0
Longshots	6	2
Strange Bedfellows	6	2
Who's Buyin'?	5	3
Blue Thunder	3	5
Olsen Photography	2	6
Just 4 Fun	1	7
CoCo's	1	7

Volleyball

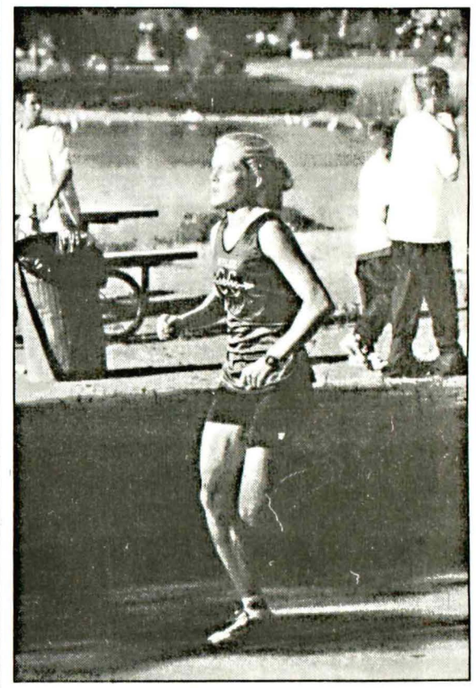
A League (as of11/15)

Team	W	L
Fire Up	8	0
Court Attack	4	4
New Attitude	4	4
Set to Spike	4	4
In Your Face	2	6
Magic Touch	2	6

B League (as of 11/15)

Team	W	L
Dang It!	6	2
Safe Sets	6	2
6-Pack	5	3
Slime Dink	3	5
Spikes R Few	3	5
Return to Glory	1	7

The style of a champion



Courtney Baird, shown here in an earlier meet, showed her class in winning the girls Div. I Cross Country finals at Balboa Park by four seconds, despite still recovering from the flu. She is considered among the top runners at the state meet coming up later.

$33
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